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PROVISION OF LABOR PROTECTION AND ANALYSIS OF INJURIES OF ACTIVE PARTICIPANTS

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ANNOTATION

In this article, a general analysis of the causes of injury to the human body through the factors of Organization of production and the protection of labor during the organization of an active movement, as well as active movement and constant physical loads, an analysis of the causes of the injury of athletes engaged in the activity of the body, the impact.

Key words: sports, active movement, injury, exhaustion, athlete, labor protection, sports practice, place of exercise, confused writing, competition, harm, fear, irritability, physiology.

INTRODUCTION

In the organization of activities, it is necessary to ensure strict sanitary and hygienic conditions, to end the labor performed by heavy manual force and to carry out measures to completely eliminate occupational diseases, after all, Labor should not only become a means of subsistence, but also become a means of Life[1, 2].

Considering that man is the main force in the development and management of production in the society, his safety and health maintenance is an important factor in the way of Social Development. Therefore, it is necessary to try to improve the conditions of production in their enterprises, to eliminate the sources of the origin of injuries and occupational diseases in production, as well as to prevent work activities from becoming a source of fatigue, exhaustion and morbidity for a person. In order to accomplish this, the laws of the Republic of

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Uzbekistan, determined by the legal, technical and sanitary and hygienic rules of labor protection, are being developed at the level of universal requirements[3].

In modern activities, the problem of accidents, injuries is not solved only by engineering methods. From the experience it is known that on the basis of accidents and injuries lay the defects of engineering design. Alternatively, organizational and psychological reasons can be said to be examples such as low level preparation for security in the profession, inadequate training, neglect of specialists in security, etc. [4, 5]. These are confidence in the activities of a specialisttiradi (safety) Pasay. International experience, research showed

60-90% of household and manufacturing injuries occur due to the fault of the affected persons[6].

In active action, the fight against fatigue is carried out in many directions, among which in recent years there have been such new directions as ergonomics, production aesthetics.

MATERIALS AND METHODS

The use of exercise in the process of active movement includes increasing working capacity. Regular exercise is the most reliable way to work productively. During the exercise, the behavior at work is improved, they remain organized and economical for a while. Regular exercise leads to the occurrence of a number of positive silks in the body: increases muscle strength and endurance, improves the work of the blood-vessels of the heart and the respiratory system. Exercise in mental labor allows you to improve memory, attention, willpower etc. [2, 7].

The organization of Labor on a scientific basis is the main tool for increasing labor productivity. Bunda is primarily based on the use of the most modern technology, excellent types of machinery and other equipment, the correct Organization of Labor. At this time, Labor physiology and psyche compliance with requirements is an integral part of it.

The issue of labor protection, the analysis of shocks and the causes of their occurrence, the safety of people in activities, we can observe on the example of research conducted among those who are engaged in sports activities.

One of the most important reserves to reduce the risk of injury is to constantly take into account the age and sex characteristics of athletes, their physical and technical training. This is especially important in modern sports, where 5-8-year-olds are involved in active training. The first years of playing sports will be associated with serious physical and mental exertion. 2-3 hours of training every day is an intense competition for the right of the future child to engage in sports. During training, the severity of the problem increases due to an increase in loads, the complexity of sports training and the lack of competitive activity. Given the development of internal organs, muscles and connective tissue

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in adolescence, that is, girls aged 12-13 and boys aged 13-14, the likelihood of injury due to acute trauma and overload increases[2, 8].

Many injuries in sports are weak, competitive and well prepared for training loads, lack of good conditioning of muscles and joints, insufficient technical and tactical skills, that is, there will be dampness in risk factors directly related to the effectiveness of the athletes training system[1, 8].

Prevention of sports injuries requires, first of all, a detailed study of the causes and conditions of the injury. Even a minor injury should be analyzed by the doctor, the trainer and the victim himself (active profilactics) so that later it can eliminate the exact cause and prevent the possibility of recurrence [1, 2]. A serious problem of modern sports is the damage that can occur as a result of microwaves and cause visible tissue damage.

At the same time, any trauma is the result of the activity of the entire biochemical chain, therefore, it is necessary to study the entire chain, which allows to objectively determine the element that creates the dysfunction, which is the basis of the injury [3].

To prevent injuries, it is very important to improve sports equipment and equipment, sports facilities. The study of the causes of the injury showed that the emergence of modern devices that reliably release the foot in a variety of ways, reduced the number of ankle injuries several times [4].

Improving competition rules due to the safety requirements of athletes is also an important reserve in reducing sports injuries. Despite the fact that many changes introduced in the rules that impose the safety of athletes often lead to the resistance of coaches, referees, spectators, most sports federations are quite active in this direction, compared to other sports, this has led to a reduction in injuries in the boks, wrestling, water polo, baseball, ski sporti and skiing[1, 1].

In general, it should be noted that the sports and pedagogical direction of prevention of diseases and injuries is closely related to the training and competitive activity of athletes, improvement of the rules of competitions, the fairness of judges, the condition of sports facilities and equipment, etc. [1, 6].

The effectiveness of the profile work of athletes and coaches directly depends on the knowledge of the risk factors that lead to diseases and injuries. It is necessary to take into account the risk factors in the field of methods of organization and conduct of training and competitions, which have the highest achievements in modern sports.

RESULTS

After a long period of intense work, the body begins to feel full, during this period there is a temporary decrease in working capacity and, as a rule, the appearance of a sharp sensation. The organism can be observed deterioration of the general condition in fatigue, a decrease in attention and interest in work, a violation of the

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Coordination of movements, a violation of the heartbeat, shortness of breath, the appearance of unpleasant and even painful sensations in the muscles that work intensively.

As a result of the physical exertion, there is a decrease in nutrients and the accumulation of products of metabolism, along with changes that occur in the muscles, heart and other organs due to exhaustion, the nervous system, which also leads to functional changes in the working organs.

There is a close link between the state of stress that an athlete can take during an activity and the risk of a sports injury. Exercise at the moment when the coach is not in control or control, leads to physiologic manifestations, such as the condition of the gym, fear, irritability, impaired muscle tone, decreased coordination ability, impaired skills, fatigue, decreased posture, irritability, irritability, etc.(Figure 1).

The most common mistakes that can be encountered by coaches and athletes when they are injured (Figure 2):

• lack of sufficient attention to create effective, non-harmful sports equipment;

• changes in loads when training is conducted against a background of strong fatigue from the previous training session;

• using methods that cause extreme fatigue;

• extremely high intensity of exercises that do not correspond to the degree of adaptation of muscles, bones and fibrous tissues;

• failure to perform a sufficiently effective squatting typing exercise;

• the lack of restorative means (massage, baths, special friction, etc.) between training begins with a heavy load, and individual training;

* lack of control over the quality of sports facilities, training areas, equipment, sports clothing, beverages, nutrition and the use of medical devices, etc.

Targeted work to eliminate these errors can minimize sports injuries. There is no need to dwell on how important it is to ensure a high level of technical, tactical, physical and mental training of athletes, their endurance to training and competitive loads, effective participation in competitions.

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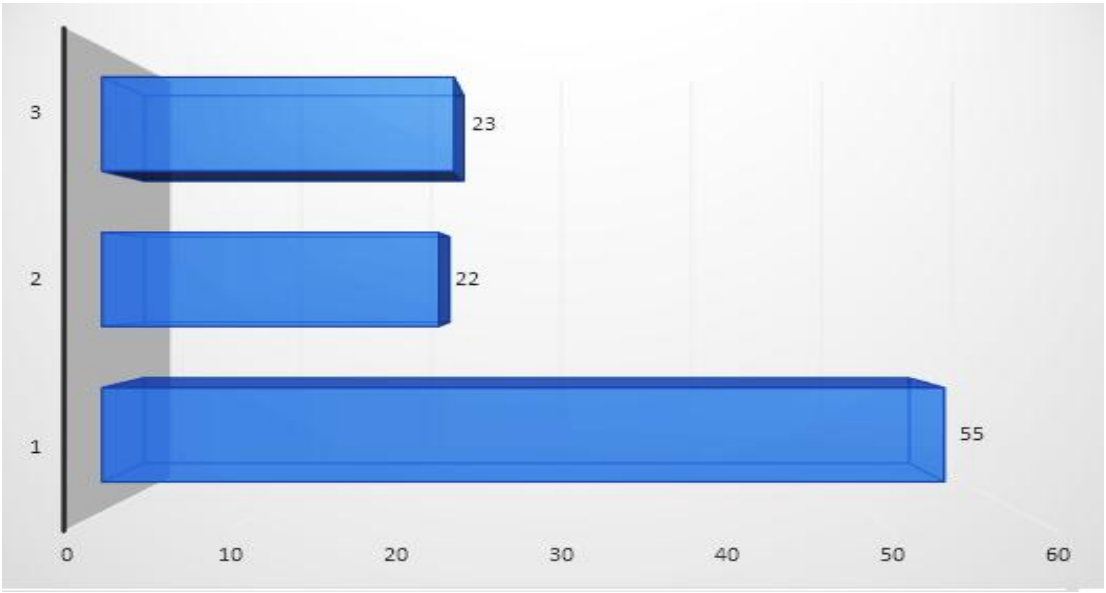
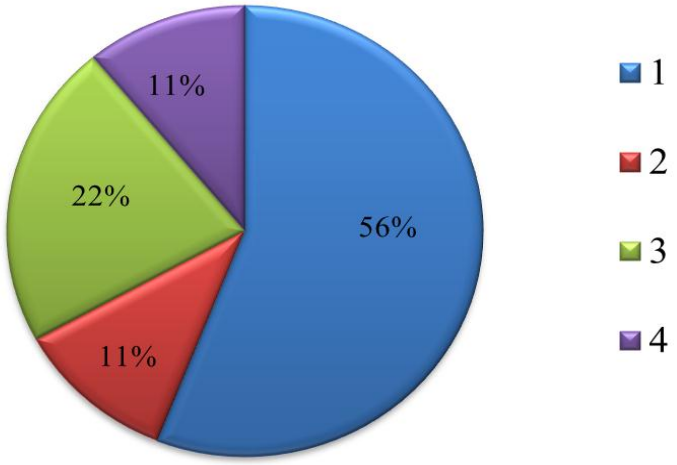


1 - during training under the supervision of a Coach; 2-in exercises at the moment when there is no Coach; 3-in the indoor gym.

Fig-1. The condition and place where the injury occurred.



1-did not fully perform squatting writing exercises(11%); 2-due to the slip of the surface of the playing field (or the tag of the shoe) (22%); 3-rough movement of the opponent(11%); 4-other causes (distraction and mental state)(56%).

Fig-2. Factors that cause injury.

In the documents introduced to study and take into account the unfortunate events that occurred in sports practice, it is not necessary to note the data on their

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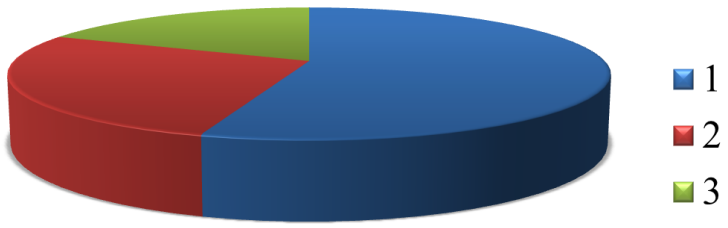
classification.This situation leads to a number of uncertainties and a sharp decline in the quality of the development of organizational, technical, sanitary and hygienic measures to prevent unfortunate events and mitigate the consequences. Apart from them, a number of problems arise when recording or formalizing the insurance status. Retrospektiv methods are mainly used in the analysis of physical training and unfortunate events that occur in sport.

The main types of injuries are: hernia crush (eat lat); tendon stretch; rupture of ligaments in the joint. These injuries are in some cases extremely severe and require long treatment. Most of the injuries are related to the specific movement activity of basketball sports (see Figure 3). 45 percent of the injuries recorded resulted in loss of working capacity up to 5-7 days. Up to 22 percent lost their ability to work for a month, and at this time the physical preparation of the athlete significantly slows down. At the next stage,the selection, development and implementation of technical and organizational solutions aimed at preventing injuries, mitigating their adverse effects were specifically studied, namely, the topography of injuries and the causes of their occurrence.



1 - crushed(lat eaten); 2-leg stretching; 3-severing joints in the joint

Fig-3. Type of injuries.

When analyzing the problems of diseases and injuries in sports, it should be borne in mind that there is a close link between the state of health of athletes and their functional capabilities and their readiness for effective competitive activities. Healthy athletes, as a rule, have a high functional level. In athletes with impaired health, the level ofionionality can often be assessed as satisfactory [9].

DISCUSSIONS

From the theory and practice of physical education it is known that [12], the working capacity of athletes, the activity of their body's functional system in competitions and the effect on the performance of the training programadorlik are often determined by the rationally structured magnifying glass [10]. An increase in muscle temperature contributes to an increase in tissue metabolism. Blood flow increases, more intensive loading of oxygen and enzymes and, naturally, leads to

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an increase in the rate of metabolism. An increase in temperature to 100 leads to a 2-3-fold increase in the intensity of chemical activity and metabolism. The viscosity of connective tissues and heated muscles decreases, elasticity increases. As a result, this leads to a more rapid production, an increase in the rate of appearance of all driving qualities and holistic work ability, an acceleration of recovery reactions [10].

An important factor in preventing injury to muscles, tendons, and ligaments is the increase in temperature as the muscle and connective tissue reduces the range of motion [11, 12,]. An increase in muscle heat to just 10S leads to an increase in muscle contraction strength by 4%; an increase in muscle heat to 30S leads to a decrease in latent time of contraction and a decrease in muscle fatigue by 7 and 22% [6, 12] an increase in muscle heat from 30,40 C to 38,5°C in lifting.

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